



Apple Strudel

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



294 kcal

DESSERT

Ingredients

- 1.3 pounds mcintosh apples peeled finely chopped
- 4 ounces bread white french firm coarsely chopped
- 3 tablespoons butter divided
- 0.5 cup golden raisins
- 1 teaspoon ground cinnamon
- 8 sheets dough frozen thawed
- 1 cup sugar

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- plastic wrap

Directions

- Preheat oven to 37
- Place bread in a food processor, and pulse 10 times or until coarse crumbs measure 1 1/4 cups.
- Melt 1 tablespoon butter in a large skillet over medium-high heat; add breadcrumbs. Cook 4 minutes or until lightly browned, stirring frequently.
- Combine breadcrumbs, apples, sugar, raisins, and cinnamon in a medium bowl; toss to combine.
- Lightly coat each of 4 phyllo sheets with cooking spray, placing one on top of the other. Cover with plastic wrap, pressing gently to seal the sheets together; discard plastic wrap. Spoon 3 cups apple mixture along 1 long edge of stacked phyllo, leaving a 2-inch border. Fold short edges of phyllo to cover 2 inches of apple mixture on each end. Starting at long edge with 2-inch border, roll up jellyroll fashion. (Do not roll tightly, or strudel may split.)
- Place strudel, seam side down, on a jellyroll pan coated with cooking spray. Repeat the procedure with remaining phyllo dough, cooking spray, and apple mixture.
- Melt 2 tablespoons butter, and brush over strudels.
- Bake at 375 25 minutes or until golden. Cool on a wire rack 20 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:31.2, Inflammation Score:-3, Nutrition Score:5.7069564656071%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg, Epicatechin: 5.34mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 294.38kcal (14.72%), Fat: 6.29g (9.67%), Saturated Fat: 3.11g (19.44%), Carbohydrates: 58.82g (19.61%), Net Carbohydrates: 55.69g (20.25%), Sugar: 38.54g (42.82%), Cholesterol: 11.29mg (3.76%), Sodium: 194.65mg (8.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.82%), Manganese: 0.36mg (17.84%), Selenium: 8.78µg (12.55%), Fiber: 3.12g (12.5%), Vitamin B1: 0.17mg (11.61%), Vitamin B3: 1.74mg (8.7%), Vitamin B2: 0.14mg (8.4%), Folate: 31.34µg (7.83%), Iron: 1.4mg (7.79%), Phosphorus: 52.17mg (5.22%), Potassium: 180.33mg (5.15%), Copper: 0.09mg (4.74%), Vitamin C: 3.59mg (4.35%), Vitamin B6: 0.08mg (4.02%), Magnesium: 15.63mg (3.91%), Vitamin A: 170.49IU (3.41%), Vitamin K: 3.49µg (3.33%), Calcium: 32.88mg (3.29%), Vitamin B5: 0.24mg (2.36%), Zinc: 0.31mg (2.06%), Vitamin E: 0.31mg (2.05%)